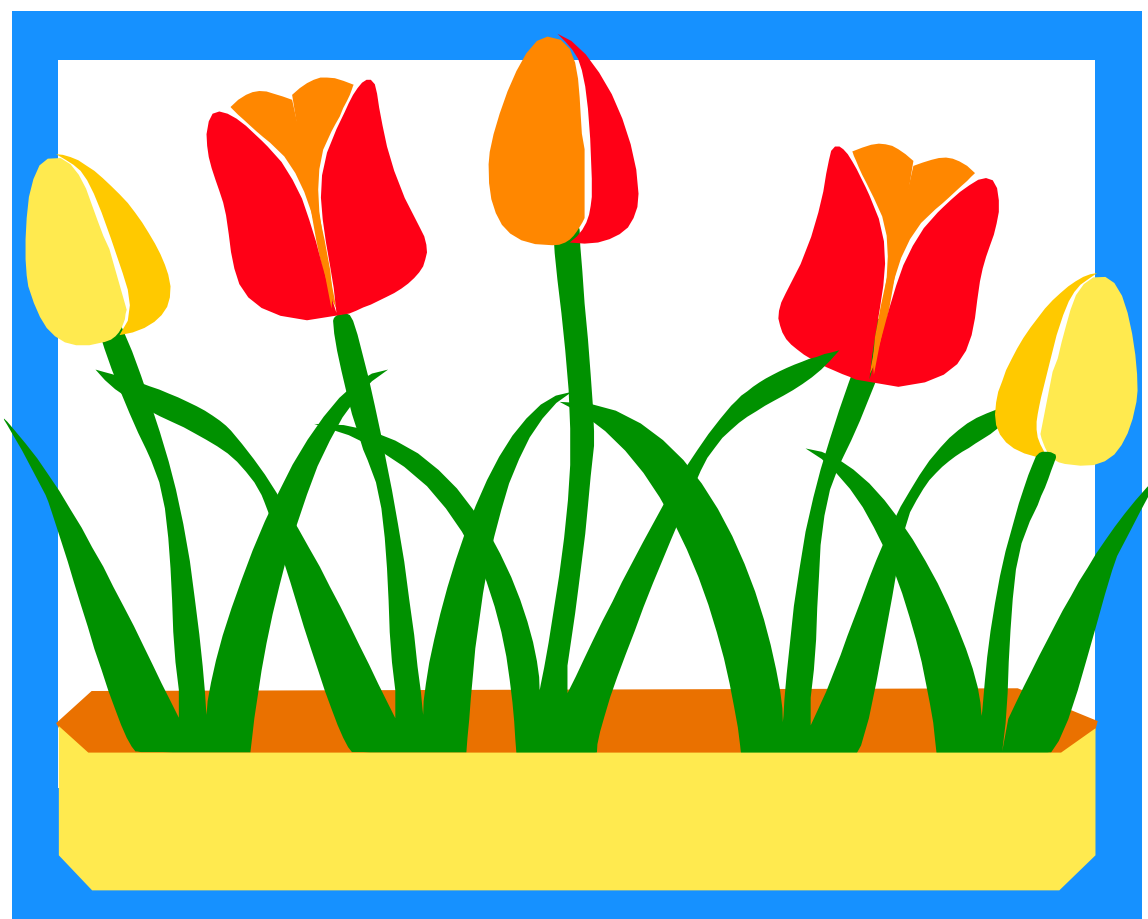


# Rainier Beach COMMUNITY CENTER



8825 Rainier Avenue South  
Seattle, WA 98118  
206-386-1925 PHONE  
206-386-1399 FAX

April 5 – June 13, 2004



## SPRING 2004

[www.seattle.gov/parks/centers/rainierbeach.htm](http://www.seattle.gov/parks/centers/rainierbeach.htm)



### **MISSION STATEMENT:**

Seattle Parks & Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play learn, contemplate, and build community



### **OUR VISION:**

In line with Neighborhood Planning of RB2014, we visualize our center as the resource “Hub” in our community. Our focus is community driven education and jobs, health/wellness and technical literacy accomplished through recreation for the whole family.

### **RAINIER BEACH ADVISORY COUNCIL:**

The Rainier Beach Advisory Council invites you and your family to enjoy recreational activities at Rainier Beach Community Center and Pool. If you would like to work with other citizens in the development and operation of programs at Rainier Beach Community Center and Pool, you are invited to join the council. The Advisory council meets at 7:00 PM on the second Tuesday Of each month at the community center.




### **REFUND POLICY:**

It is the policy of the Seattle Parks and Recreation and Associated Recreation Council to make a full refund to participants who register for a class, camp, special event or program that is canceled by the Department or Advisory Council for any reason. Refunds, minus a service charge, may be available for many programs if the request is received in advance. Unless indicated otherwise, the request must be received at least 14 days prior to the start of a day camp, trip, overnight camp, special event, or facility rental; and prior to the second class for most other programs. Please ask for specific information before enrolling.

- Any person who registers for a day camp, trip, overnight camp, special event, or a facility rental, and who request a refund within 14 days of its start (or before the second session of a class) may receive a refund minus a service charge.
- Any person who registers for a day camp, trip, overnight camp, special event, or a facility rental, who withdraws from the activity fewer than 14 days before its start (or after the second session of class), will receive **NO REFUND**.
- **You may ask to read the entire policy for specific information.**

### **ANTI-DISCRIMINATION:**

As a matter of policy, law and commitment, the Seattle Department of Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental or physical handicap. (Seattle Municipal Code 18.12.280).





### CUSTOMER SERVICE OFFICE:

For information about other Parks and Recreation facilities, picnic shelters, and recreational programs, please call Customer Service at (206) 684-4075.

### ADA COMPLIANCE:

Reasonable accommodations will be made on request for persons with disabilities. If you need sign language interpretations, auxiliary aids, or other accommodations, please call 684-7430 or (TDD ONLY) 223-7061. If possible, please allow 10 working days advance notice for sign language interpretation or auxiliary aids. If a class or activity is scheduled in an area that is not barrier free for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

### BEHAVIOR POLICY:

It is the intent of the City to provide the public with recreation services that are safe, enhance the participant's quality of life, and are an enjoyable experience. To do so, the following guidelines for behavior have been established.

Disruptive behavior is prohibited. Any activity that disrupts the facility, endangers the patron and/or other participants, or interferes with facility business is disruptive behavior. A patron who is disruptive will be notified that the behavior must stop. If the behavior continues, the patron will be asked to leave the facility. If the patron refuses to leave, the local police department will be contacted. A patron that engages in disruptive behavior may be issued a criminal trespass warning. Disruptive behavior on the part of the patron may result in suspension or denial to the facility and activities for a length of time to be determined by the Recreation Coordinator of his/her designee.

The facility is open to all ages including children who may be attending without their parent or guardian. The safety and welfare of children are of primary concern and thus a parent or guardian's responsibility for the behavior and well being of their children is recognized, if a youth engages in disruptive or unsafe activities, proper notification will be made to a parent/guardian or emergency contact person, if appropriate. If a parent/guardian cannot be contacted, police will be notified and proper documentation will be completed for each incident. If additional action needs to be taken it will be under the discretion of the Recreation Coordinator or his/her designee.

## ***Volunteer Opportunities!***

**Rainier Beach Community Center is always  
looking for volunteers. Please call (206)386-1925  
for more information.**

# RAINIER BEACH COMPLEX SPRING 2004

Registration Dates: March 8 - March 31, 2004

Program Dates: April 5-June 14, 2004

## COMMUNITY CENTER HOURS:

Monday - Thursday 1 – 9 p.m.  
Friday 1 – 8 p.m.  
Saturday 9 a.m. – 5 p.m.  
Sunday Noon – 5 p.m.

## LATE NIGHT HOURS:

Friday 9 p.m. – Midnight  
Saturday\* 8 p.m. – Midnight\*

\*@ A.S.A Mercer Middle School

## PROFESSIONAL STAFF:

Anita Adams  
*Recreation Center Coordinator*  
Tina Capestany  
*Acting Asst Recreation Coordinator*  
Folasa Titiali'i Jr.  
*Late Night Specialist*  
LaRita Wilkinson  
*Maintenance Laborer*  
D'Juan Brown  
*Teen Development Leader*  
Cindy Thornton  
*Recreation Attendant*  
Young Pham  
*Computer Lab Director*  
Bookie Gates  
*Activities Director*  
Cara Atchison  
*Out-of-School Time Director*  
Jazmyn Scott  
*Out-of-School Time Leader*  
Nate Terry  
*Recreation Attendant*  
Jamal Willis  
*Recreation Attendant*

## DEPARTMENT STAFF:

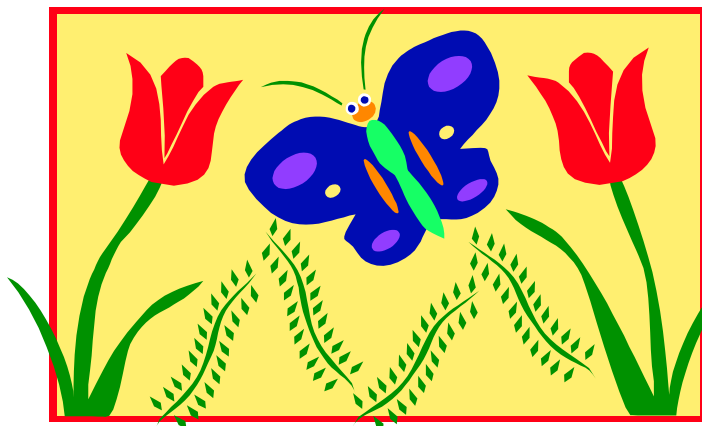
Kenneth Bounds  
*Superintendent*  
BJ Brooks  
*Deputy Superintendent*  
Christopher Williams  
*Operations Director*  
Cheryl Fraser  
*Recreation Manager*  
Jeff Lewis  
*Staff Analyst*

## Advisory Council Members:

Vic Roberson  
*President*  
Ruth Bell  
*Co-Vice President*  
Kwajalein Griffin  
*Co-Vice President*  
Lynn Stover, CPA  
*Treasurer*  
Pamela Reece  
*Secretary*  
James Luster  
*Lifetime Member*

## HOLIDAY CLOSURE:

Monday, May 31<sup>st</sup>  
Memorial Day



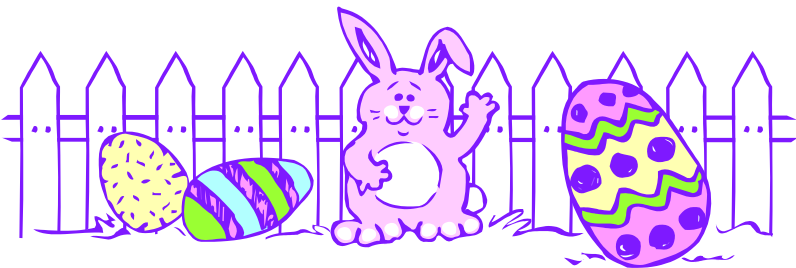
## SPECIAL EVENTS

# Spring Candy Hunt!

**FREE!**

Saturday, April 10<sup>th</sup>  
10 a.m.

*Volunteers needed!*  
If you or your group are interested in volunteering at either of these events, please contact the community center 206-386-1925. Thank You!



## 3RD ANNUAL RAINIER BEACH INVITATIONAL TRACK MEET



Saturday, May 1, 2004

Ages: 5-17

Where: Rainier Beach  
High School Track

Cost: \$5.00 per event

- Walk-in Registration begins at 8 a.m.
- The first event starts at 8:30 a.m.

**USA Track and Field  
Sanctioned Event**



# SCHOOL AGE CARE

## After School Care

Days: Monday-Friday  
Time: 3 – 6 p.m.  
Cost: \$230 per month  
Ages: 5 – 12

Designed to meet the needs of working parents by providing an after school enhancement program that is fun, exciting, age appropriate and safe for their kids. Youth will enjoy arts and crafts, special events, field trips, tutoring, and computer time. Limited scholarships are available. DSHS Certified.

**Apply Today!**

## Before School Care

Days: Monday-Friday  
Cost: \$175 per month

Time: 7 – 9 a.m.  
Ages: 5 – 12

Start your morning off on the right foot...Enroll your child in the early morning care! A light breakfast will be served. Call to see if we drop off at your child's school.



*We also offer after-school programs for teens. Please see the "Teen Program" section of the brochure.*

# PRE-SCHOOL PROGRAMS

The Busy Bees Program has fun and instructional classes with age appropriate activities and games designed to develop a child's physical and cognitive skills.



Instructor: Bookie Gates  
Days: Monday & Wednesday  
or Tuesday & Thursdays  
Time: 3:30 - 4:30 p.m.  
Ages: 3 - 6  
Cost: \$40 per child/per session

**Session I: T-Ball**  
March 15 – May 13

**\*\*No Class April 5th – 9th**  
(Seattle Public Schools Spring Break)

**Session II: Track 'N' Field**  
May 24- July 8



# YOUTH PROGRAMS

## Move Over Mozart

Day: Saturday

Ages: 3½ – 12

Time: 9 a.m. – 1:15 p.m.

Cost: \$79

Dates: March 27 – June 12

\*No class on April 10, April 17, and May 29

Piano lessons are a great way for children to express their creativity. These fun and affordable lessons are held at the community center. To register for the program and for more information call 425-415-6520.

## Tech 2000 & 2

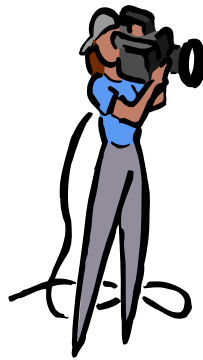
*Free Computer Video Program!*

Day: Fridays

Time and Dates: TBA

Ages: 12 – 18

This 20-week class will consist of hands-on activities with computers and video. Students will apply the knowledge and skills they learn in a classroom setting.



Students who complete the class will earn a stipend based on attendance, participation, and assignments. Contact Young at 206-722-1390 for further information.

## Goju-Ryu Karate

Day: Monday & Wednesday

Time: 7 – 8 p.m.

Cost: \$30 per session

Session I: April 5 – June 16



Build self-confidence and stay fit while learning the basic skills and forms of this style of karate. Beginning and continuing students are

welcome. The sessions are on going throughout the year.

## Amharic Language Class

Day: Friday

Time: 6 – 8 p.m.

Cost: Free

Ages: 5 & older

Are you interested

in reading and

writing in Amharic?

You will learn just

that in fun and ex-

citing ways through story telling, music, and culture dances.



Consider Volunteering!  
Interested? Please call Rainier  
Beach Community Center at  
206-386-1925.

# SPRING BREAK CAMPS

## “Break Out at the Beach”

Spring break is all about fun and taking time to get away from school. This week will consist of a field trips to the zoo and science center. We will provide breakfast, lunch, and a light snack.

Days: April 5 – 9  
Ages: 5 – 12  
Time: 7 a.m. – 6 p.m.  
Cost: \$110 for the week



## “Spring Teen Camp”

Spring Teen Camp is a week of fun and activities. The campers will enjoy field trips, swimming, indoor/outdoor activities, and computer lab access. Each camper will need to bring their own lunch. We will provide breakfast and a light snack.

Dates: April 5 – 9  
Ages: 13 – 17  
Time: 7 a.m. – 6 p.m.  
Cost: \$65 for the week

# TEEN PROGRAMS

## After-School

The after-school teen program is a Pro-Parks funded program developed and implemented to meet the needs of young people. This program teaches teens: conflict resolution, how to cope with peer pressure, violence, drugs, and addresses issues affecting/facing our youth today. If you are interested in learning new skills, arts & culture, and meeting other teens, then this is the program for you!



Also see “Adult Programs” for more teen classes.

### Activities Include:

- Tutoring
- Field Trips
- Sports
- Environmental Stewardships
- Computer Access

Instructor: D’Juan Brown  
Days: Monday-Friday  
Ages: 13 – 18  
Time: 2:30 – 6 p.m.  
Cost: Free



# LATE NIGHT PROGRAM

*...proving teens with positive alternatives.*

**Free!**

Supervisor: Folasa Titiali'i

Day & Times:

- Friday, 9 p.m. – Midnight  
@Rainier Beach C.C.
- Saturday, 8PM-Midnight @ ASA  
Mercer Middle School (gym)

## **Beauty Zone:**

Dates: To be announced  
Free haircuts, hairstyles, and  
manicures!

The goal of the Late Night Program is to provide teens with positive alternatives to alcohol, drugs, gangs, and other unsuitable activities. The goal is accomplished through intercultural activities, sports, arts & culture, educational workshop, special events and mentoring.

The Late Night Program is open to anyone interested in making a positive change in themselves and their community.

## **Free Swims:**

Fridays, 9-10:30PM  
\*Please call the swimming pool  
for the dates.

*\*Children ages 11 & under  
will not be permitted to stay  
past 11:30PM, unless  
accompanied by an adult.*

## **Music!**

## **Other Activities Include:**

**Swimming!**



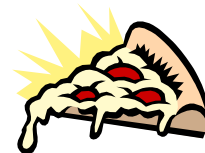
**Sports!**



**Fun!**



**Food!**



*Serving today's youth and preparing them to be leaders of tomorrow.*

# ADULT PROGRAMS



## Yoga for Health & Wellness

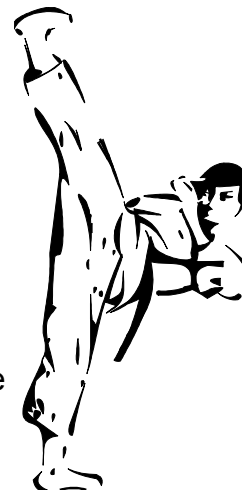
Day: Monday  
Time: 6 – 7 p.m.  
This is a free program for cancer survivors.

Promoting one's overall health and well-being. Team Survivor is a non-profit organization that provides health, education, and exercise programs for women affected by cancer in all stages of treatment, recovery and survivorship. To register please call Team Survivor Northwest at (206)732-8350.

## Goju-Ryu Karate

Day: Monday & Wednesday  
Time: 7 – 8 p.m.  
Cost: \$30 per session  
Session I: April 5 – June 16

Build self-confidence and stay fit while learning the basic skills and forms of this style of karate. Beginning and continuing students are welcome. The sessions are on going throughout the year.

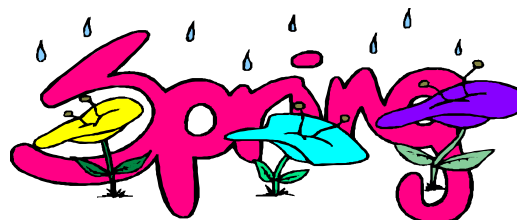


## Aerobics

Day: Tuesday & Thursday  
Time: 6 – 7 p.m.  
Cost: \$35 per session  
\$20 punch card (9 classes) or  
\$5 drop-in  
Session I: April 20 – June 24

This program will get your body jumpin' and your blood pumpin'. Come in for a great cardio workout and leave feeling and looking great!

\*There is no class on the second Tuesday of the month.



## Open Gym

Mondays & Wednesday  
5:30 – 8:30 p.m.

Fridays  
5:30 – 7 p.m.

Saturdays  
10 a.m. – 4 p.m.

Sundays  
Noon – 4:30 p.m.



# COMPUTER PROGRAMS

Call the lab for program information.

## Youth Classes:

### **Math and Reading:**

During these hours there will be tutors that will provide students with help their Math or Reading homework.

Monday & Wednesday  
3 – 5 p.m.



## Teen Classes:

### **\*\*TITE**

#### **Technology Intensive Training & Education**

Students will get hands on experience in computer hardware and software. Students will disassemble, reassemble, and install programs on the computer.

Tuesday & Thursday  
3 – 4:30 p.m.

**Cost: FREE**



### **\*\*VIBE**

#### **Video Intensive Basic Education**

Teens will get fundamental skills in video taping, editing, and production. A very nice class for students who want to get into the video industry.

Monday & Wednesday  
3 – 5 p.m.

**Cost: FREE**



**\*\*High schools students from Southlake, Rainier Beach, and Interagency may earn high school credit or receive community service hours.**

### **CAMP**

#### **Energy Assistance Program**

If you would like help with your utility bills, this program will help residents with their light, electricity, heat, and water bills.

Wednesday  
1 – 3 p.m.

Please call Family Center for more info: 206-722-1390

## COMPUTER LAB HOURS:

Monday & Wednesday  
1:30 – 8 p.m.

Tuesday & Thursday  
1:30 – 3:45 p.m.  
6:15 – 7:30 p.m.

Friday  
11 a.m. – 5:30 p.m.  
(Teen Hours 3 – 5 p.m.)

**Saturday\* & Sunday\***  
Closed

**\*\*RAINIER BEACH  
COMPUTER LAB IS CLOSED  
TO THE PUBLIC DURING  
CLASSES AND SPECIAL  
PROGRAMS OR EVENTS**

**Computer Lab Phone  
206-722-1390**

## Adult Classes:

### **Introduction to Computers**

This program will teach adults how to navigate around a computer. Learn how to move, edit, and delete files. This class will also introduce to resume writing and internet job search.

Monday 1 – 3 p.m.

Thursday 6:30 – 8:30 p.m.

**Cost: FREE**

# FACILITY RENTALS INFORMATION

Rainier Beach Complex is the perfect place to celebrate any important occasion, whether it is a reunion, birthday, wedding reception, or graduation. Meeting rooms are also available for rental. The Complex offers a spacious social room, game room, arts and craft room, and medium kitchen. For fee information and all the details on how to set up a rental, call 206-386-1925 today to reserve a date for your special event.

## **PRITCHARD BEACH BATHHOUSE**

5500 South Grattan Street

We are pleased to announce the availability of Pritchard Beach Bathhouse! This facility on Lake Washington has a social room that is available for rentals. It offers a splendid view of the beautiful lake and a perfect place for receptions or group meetings. Call 206-386-1925 for more information.

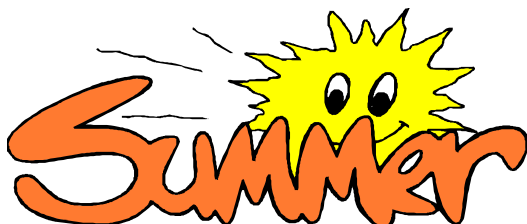


## MORE PROGRAMS

### Summer Day Camp & Summer Teen Camp

*Registration begins May 3rd.*

Program dates:  
June 21-August 27



#### **Mt. Baker Rowing and Sailing Center Seattle Parks and Recreation**

3800 Lake Washington Blvd. S,  
Seattle, WA 98118

Stan Sayres Park,  
Seafair Hydroplane Headquarters  
(Between I-90 and Seward Park on the lake)  
(206)-386-1913 [mount.baker@seattle.gov](mailto:mount.baker@seattle.gov)

One-day or one-week camp or evening  
classes offered

Ages: 8 years and older

- Learn to **Row** in stable, team and single boats
- Learn to **Sail – Sail board** on our full sailing fleet
- Introductory **family kayaking** classes on Saturdays
- **Personal instruction** available

Small room (with a view) **rentals** available

# SENIOR ADULTS

## Special Events & Workshops

### **Step into Spring:**

#### **Hat Fashion Show & Luncheon \$4**

Mrs. Tate's Fashions presents a fabulous spring hat fashion show for women and men. Enjoy an early lunch and door prizes as we anticipate a wonderful show. Pre-registration appreciated. Please inquire about transportation.

April 2 (Fri) 11:30 a.m. Rainier Beach

#### **Diabetes & Nutrition Free**

Naomi, Puget Sound Neighborhood Health Centers, gives tips on healthy choices when shopping, cooking, and eating at home/restaurants, and how to use nutrition labels and more.

June 10 10:30 a.m. Rainier Beach

## Volunteer Opportunity

Seattle Parks and Recreation's Senior Adult Programs is looking for volunteers who can serve as drivers, cooks, craftspersons, special event and seasonal function assistants, and language translators. If you are interested or for more information, please call Angela at 206-684-7484.

## Senior Adult Trips

#### **Tulips in LaConner \$6.50**

Festive spring flowers are back in all their glorious colors. \$2 fee for garden tour. Lunch on your own in the town of LaConner.

April 13 9 a.m. – 3:30 p.m. Reg Mar 29

#### **Port of Seattle \$4**

Transportation of cargo and passengers by air, water and land. See what there is to see and learn about our beautiful port.

April 20 10:30 a.m. – 2 p.m. Reg Apr 5

#### **Seattle Rep \$15**

"It Ain't Nothing But the Blues." From the Mississippi delta to Chicago's southside, this hand clapping, cat-calling is a crash course in the history of this authentic American musical tradition. 40+ blues numbers get you moving.

April 28 (Wed) 12:45 – 4 p.m. Reg Apr 12

**For more information about Senior Adult Programs, please call 206-684-4951 and request a Spring Brochure.**

#### **Mukilteo Lighthouse**

**\$5.50**

This wooden Victorian-style tower with two houses and a foghorn stands just feet from the Puget Sound. Also visit Everett's Evergreen Arboretum. Lunch own your own; donation recommended at the lighthouse.



May 4 10 a.m. – 3 p.m. Reg Apr 19

#### **Leavenworth \$10.00**

Parade Day at Maifest! Experience the Maipole dancing, costumes, and games. Stroll through the Bavarian Village great shops and restaurants. Lunch on your own.

May 15 (Sat) 9 a.m. – 6 p.m. Reg Apr 26

#### **Emerald Queen Casino \$6.50**

The NW's only true riverboat casino. The first deck of the boat offers a completely Smoke-Free environment. Have fun and good luck! Lunch own your own.

May 18 10:45 a.m. – 3:30 p.m. Reg May 3

#### **Emerald Downs \$4.50**

Be part of the thundering thoroughbreds as you cheer on your horse. Dinner and \$3 senior admission at the gate on your own.

June 3 (Thurs) 9 a.m. – 3 p.m. Reg May 17

#### **Bellevue Botanical Gardens \$5.50**

Enjoy 36 acres of display gardens, woodlands, and more including "highlight" gardens. Lunch on own at Bellevue Mall.

June 8 10 a.m. – 2:30 p.m. Reg May 24

## **Senior Adults Southeast Sector Trip Registration Information**

**Payment must be received 5 working days prior to departure.**

**Make Checks Payable to:** *Senior Adult Advisory Council*

**Mail Checks to:** *Senior Programs, Attn: Angela, 3801 Beacon Ave. S., Seattle, WA 98108*

**Trip Registration:** **Phone-in only** at 206-684-7484 **starting at 8 a.m. on the date listed** under each trip. You can only sign up for yourself and one other person. All trip times, costs, and destinations subject to change.

**Van Pick-up from Rainier Beach CC** is 20 minutes before listed time.



# Rainier Beach Family Center

A program of Atlantic Street Center  
Located in The New School @ Southshore  
8825-Rainier Ave. South



*“The Best Kept Secret In Seattle”*



## Parents Corner



*How do I communicate with my teenager?*

*What is positive discipline?*

*How do I help my child succeed in school?*

*Why is my baby crying?*

Come and learn the answers in the parenting classes. Meet other parents and learn new parenting tools.

### Multi-cultural Parenting of 3-11 years

Tuesdays – 6:30 – 8:30 p.m.

### Parenting of Birth to Three years

Wednesdays – 6:30 – 8:30 p.m.

### Parenting of Teenagers

Tuesdays – 6:30 – 8:30 p.m.

Starts March 30<sup>th</sup>.

Classes are taught by trained parent educators.

Dinner and childcare provided.

**Register now; Spring classes are filling up fast!**

Just want to talk about parenting challenges?

Give us a call: 206-723-1301

## Living Paycheck to Paycheck?

Learn how to stretch your dollars, money management principles, saving and investing.

**March 10 – April 7**

**6 – 7 p.m.**



## Re-parenting? You are not alone.

**Come visit or join our  
Grandparents & Kinship Caregivers  
In Action Group**

This group offers support, resource assistance, fun & educational workshops, field trips and the opportunity to share life experiences while making new friends.

**Meets every Thursday**

**6:30 – 8:30 p.m.**

Dinner at 6 p.m.

Limited Transportation and Childcare provided.

## Need Assistance with your Taxes?

Professional volunteers will assist you and file your tax return electronically.

Wednesday evenings by appointment only.

6 – 8 p.m.

Call 206-723-1301 to make an appointment.

## HELP FOR WORKING FAMILIES

Our Family Advocate, Connie Acosta can assist you with accessing available resources for:

◆ Child Care ◆ Health Insurance ◆ Energy & Utility Assistance ◆ Food Assistance

Call for an appointment: 206-723-1301





# Rainier Beach Family Center

A program of Atlantic Street Center

## *Get Ready for School Spring Workshops*



### **WASL & The Achievement GAP**

Wed., March 24, 2004  
6:30 – 8:30 p.m.

&

### **How to help your child with Homework**

Wed., April 21, 2004  
6:30 – 8:30 p.m.

Light refreshments &  
childcare provided



### **Cooking Classes**

Learn how to cook healthy and  
delicious meals from a Seattle Chef.  
**Free groceries to re-create the dish  
at home.**

**Wednesdays, April 14 – May 19  
6 – 8 p.m.**

## **Computer Classes for Job Seekers**

Basic Computer Skills & Word

How to write a résumé and cover letter

How to use the Internet for job searches

Mondays, 1 – 3 p.m.

Thursdays, 6:30 – 8:30 p.m.

Pre-registration required. Call: 206-723-1301



### **Teens As Parents**

Facilitated by **P.E.P.S.**  
(Program for Early Parent Support)

- ❖ Come and meet other teen parents
- ❖ Exciting topic every week
- ❖ A Fun activity with your child

❖ Dinner

**Tuesdays 4 to 6 p.m.**

**Call 206-723-1301 to register  
or just drop-in and check us out.**

Free  
Baby  
Clothes  
Too!

You can register for classes by e-mail:

**Teresae@atlanticstreet.org**

Or Call 206-723-1301

Visit our Website: **www.atlanticstreet.org**